DeKalb Medical Wellness Center

April

LAND GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR
Monday	7:15am	Core & More	Derek
	9:00am	**Hi** - intensity/**Lo** - Impact	Hattie
	10:00am	Silver Sneaker Classic	Sandie
	11:00am	Low Impact	Hattie
	12:00pm	Vinyasa Flow Yoga	George
	1:00pm	Sr. Cardio/Strength	Hattie
	2:00pm	Sr. Flexibility	Hattie
	3:00pm	Stretch & Tone	Various
	5:30pm	Bootcamp	Kyle
	6:30pm	Step	Mary Ellen

DAY	TIME	CLASS	INSTRUCTOR
Tuesday	8:00am	Yoga	George
	9:05am	Muscle Pump	Kyle
	10:00am	Beginner Spin / Cycle	Kyle
	12:00pm	Strength & Balance	Linda M.
	1:00pm	Strength & Balance	Linda M.
	4:30pm	Bootcamp	Kyle
	5:30pm	Advanced Spin / Cycle	Kyle

DAY	TIME	CLASS	INSTRUCTOR
Wednesday	7:15am	Core & More	Derek
	8:30am	Stretch & Tone	Various
	10:00am	Silver Sneaker Classic	Hattie
	11:00am	*RTW Cancer Survivor Class* *	Terry
	12:00pm	Low Impact	Hattie
	1:00pm	Sr Cardio / Strength	Hattie
	2:00pm	Sr. Flexibility	Hattie
	3:00pm	Yoga	Crystal
	5:15pm	Tabata Bootcamp	Kyle
	7:30pm	Prenatal Fitness *	OH Baby! Fitness

DAY	TIME	CLASS	INSTRUCTOR
Thursday	8:00am	Gentle Yoga	Crystal
	9:05am	Muscle Pump	Kyle
	10:00am	Strength & Balance	Derek
	1:00pm	Strength & Balance	Derek
	2:15pm	Yoga	Crystal
	5:30pm	Alternate Conditioning	Mary Ellen
	6:30pm	Cardio Mix	Mary Ellen

DAY	TIME	CLASS	INSTRUCTOR
Friday	7:15am	Core & More	Derek
	8:00am	Yoga	Crystal
	10:00am	Silver Sneaker classic	Sandie
	11:00am	Yoga	George
	12:00pm	Senior Bootcamp	Hattie
	All classes are subject to change		

DAY	TIME	CLASS	INSTRUCTOR
Sat	8:30am	Vinyasa Flow Yoga	George

DAY	TIME	CLASS	INSTRUCTOR
Sun	8:30am	Chair Yoga	George

WATER GROUP FITNESS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:00am	Easy Motion	Sharman
	10:00am	Mindful Motion	Sharman
	11:00am	Water Therapy*	PT Staff
	1:00pm	Strength & Balance	Linda M.
	4:00pm	Aqua Volleyball	Wellness Coach
	7:00pm	Aqua-fitness	Hattie

DAY	TIME	CLASS	INSTRUCTOR
TUESDAY	9:00am	Aqua-Zumba #	Nicole
	10:00am	Aqua Zumba #	Nicole
	12:00pm	Easy Motion	Sandie
	2:00pm	Water Therapy*	PT Staff
	5:05pm	Aqua-fitness	Mary Ellen
	6:00pm	Aqua-fitness	Mary Ellen

DAY	TIME	CLASS	INSTRUCTOR
Wednesday	9:00am	Strength & Balance	Kyle
	10:00am	Aqua Bootcamp	Nicole
	11:00am	Water Therapy*	PT Staff
	1:00pm	Aqua - Fitness	Linda M.
	4:00pm	Aqua-fitness	Hattie
	7:05pm	Aqua - Fitness	Hattie

DAY	TIME	CLASS	INSTRUCTOR
Thursday	8:00am	Aqua Tabata	Marcy
	9:00am	Aqua-fitness	Sandie
	10:00am	Aqua-fitness	Sandie
	2:00pm	Water Therapy*	PT Staff
	5:05pm	Aqua-fitness	Linda H.
	6:00pm	Aqua - fitness	Linda H.

DAY	TIME	CLASS	INSTRUCTOR
Friday	9:00am	Aqua-fitness	Sandie
	10:00am	Aqua-fitness	Hattie
	1:00pm	Volleyball	Wellness Coach
	4:00pm	Aqua-fitness	Hattie
	# indicates a class limit of 30. Please RSVP at front desk 15 minutes prior to class start time.		***Indicates that you must be involved in therapy for the class.**

DAY	TIME	CLASS	INSTRUCTOR
Sat	8:30am	Aqua-fitness	
	9:30am	Aqua-fitness	
	1st & 4th Sat - Hattie 2nd & 5th Sat - Sandie, 3rd Sat - Marcy		